OLIVE GARDEN
THIS WEEKEND SPECIAL
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MYSURU Sunday 21st June 2026
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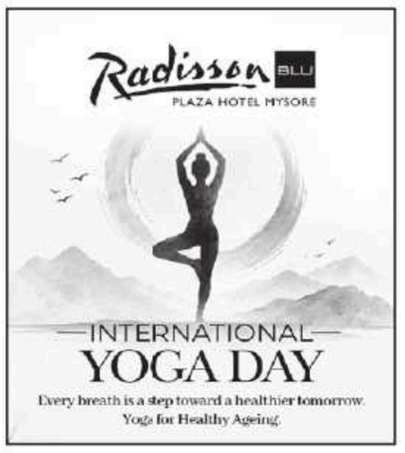


12th International Day of Yoga

Thousands roll out Yoga mats at Palace

Mysuru, June 21 (BLU&VNS)- Thousands of Yoga enthusiasts, including specially-abled children, participated in 12th International Day of Yoga (IDY) celebrations organised at Mysore Palace premises this morning.

The main event was organised by District Administration in association with Department of AYUSH, Mysuru Zilla Panchayat (ZP), Mysuru City Corporation (MCC), Mysore Palace Board, Department of Youth Empowerment and Sports (DYES), Department of School Education and Mysore Yoga Federation.

The theme for this year's International Day of Yoga was 'Yoga for Healthy Ageing' and Mysuru-Kodagu MP Yaduveer Wadiyar inaugurated the event.

Krishnaraja MLA T.S. Srivatsa, Mysuru-Kodagu MP Yaduveer Wadiyar, City Police Commissioner Seema Latkar, Superintendent of Police Mallikarjun Baladandi and MCC Commissioner Shaikh Tanveer Asif performing** Yogasana **during the 12th IDY celebrations at Mysore Palace premises this morning.

Following the inaugural, participants performed warm-up and loosening exercises before taking part in a 45-minute session based on the Common Yoga Protocol (CYP).

The session included a series of standing, sitting and reclining *asanas* such as *Tadasana, Vrikshasana, Padahastasana, Ardha Chakrasana, Trikonasana, Bhadrasana, Vakrasana, Sasankasana, Ushtrasana, Ardha Ushtrasana, Makarasana, Bhujangasana, Salabhasana, Uttana Padasana, Pavanamuktasana* and *Savasana.*

(See YOGA on page 7)

ಆನಂದ್
ANAND
The sweetest gift has arrived in Mysuru.
NOW OPEN AT KALIDASA ROAD, MYSURU
SWEETS | SAVOURIES | GIFTING | CHAAT | RESTAURANT

STAR OF MYSORE

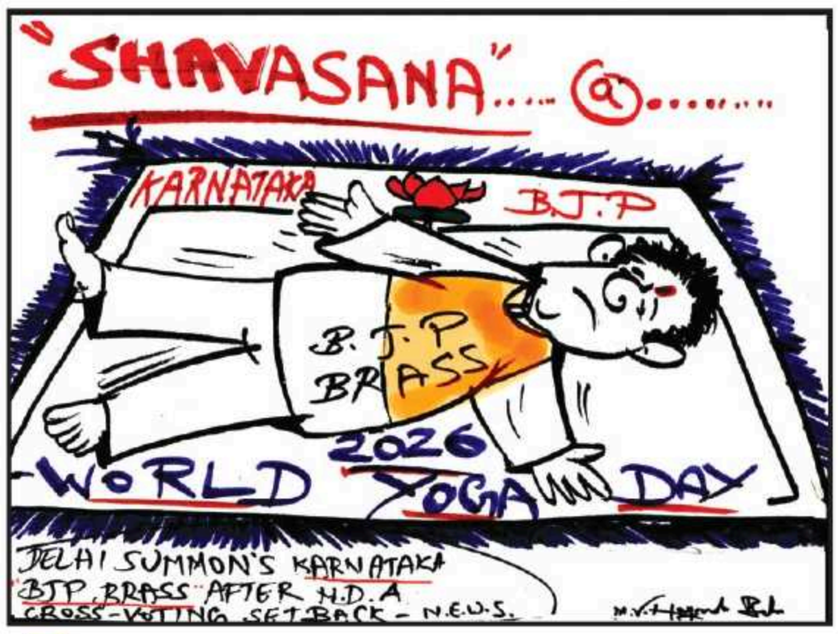
"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Sunday 21st June 2026

BABU'S BANTER

By M.V. Nagendra Babu



EDITOR'S BOTTOMLINE

VISUALISE, REALISE: LIFE IS BEAUTIFUL WITH YOG: ***Every year, as International Yog Day arrives, a familiar thought visits us — 'I really should start yog.' And in the same breath comes the excuse — 'I am too busy. Maybe when life slows down…' Yog equips us to shift from a busy to an easy life.***

Yog stems from the Sanskrit word 'yuj', which means connection. The question is: 'What am I connected to and what is the vibration of my connections?' Answer is — 'I am connected to my mind, body, role, people, work, gadgets, situations and the world around me.'

We are constantly connected. But today, many of these connections leave us anxious, tired and emotionally drained. A traffic jam disturbs us. A harsh word stays with us. A minor issue feels stressful. We have become reactive to the world outside rather than becoming creators of the world within.

It is time to take care of these connections, so they create happiness, good health and harmony. This is where Raj Yog, as taught by the Brahma Kumaris, steps in. Raj Yog restores two connections. First is the connection with the true self as a soul. Second is the connection with God, the Supreme Soul, the ocean of purity and power. Raj Yog means self-rule or self-mastery.

To practise Raj Yog, visualise yourself as a soul, a tiny point of light shining in the centre of the forehead. As you create each thought, visualise it and feel it.

Begin morning meditation with the thought, 'I am a pure soul; I am energised by God's love and wisdom; I am calm and stable in every situation. My every karm today is accurate.'

Throughout the day, take an hourly pause: Just take one minute to re-energise. Remember, 'I am a powerful soul; I radiate acceptance and respect in every interaction; I am easy; I am light.'

Before meals, you could energise your food and water by repeating, 'I am a happy soul. God's powers energise my meal; my body is perfect and healthy.'

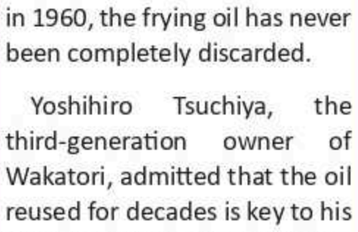
At bedtime, prepare for releasing and cleansing negative emotions; 'I forgive everyone; I seek forgiveness from everyone; I am grateful for a perfect day today; I am surrounded by God's protective canopy.'

Practising yog on the mat strengthens the body. Yog in every thought strengthens the soul. Together, they create a beautiful life.

—Brahma Kumari Shivani in The Times of India

NEWS SPARKLERS

This restaurant hasn't replaced oil in 66 years



Japan: Wakatori, an award-winning fried chicken restaurant in Shizuoka Prefecture, Japan, claims that the secret to its success is frying oil that hasn't been changed in 66 years.

After winning a gold medal at the Japan Fried Chicken Grand Prix, the owner of Wakatori gave an interview in which he revealed that the secret to the restaurant's success was a secret ingredient that had been reused since the eatery opened, 66 years ago. Apparently, since the shop's founding in 1960, the frying oil has never been completely discarded.

Yoshihiro Tsuchiya, the third-generation owner of Wakatori, admitted that the oil reused for decades is key to his family's delicious fried chicken. The 'aged oil' allegedly gives Wakatori fried chicken a "complex aroma" & "unique flavour."

Every night, the staff filters out meat scraps and impurities from the oil, retaining only a small amount of old oil as a flavour base and adding it to a new batch of frying oil.

Aussie town crier's 122.4-decibel yell earns record

Australia: An Australian town crier's powerful voice earned him a Guinness World Record when he let out a yell measured at 122.4 decibels.

Joseph McGrail-Bateup, aka Lord Joseph, the official town crier for Canberra and Queanbeyan, told Guinness World Records his pipes have not always been so potent.

"When I was a kid I didn't really have a loud voice, I was very shy, withholding all that stuff until I left school and I joined the theatre. It was very clear then that I needed to pipe up, make myself loud," he said. "So, I trained in the theatre where you didn't use microphones or anything like that and I got loud and as the years went by, louder."

HEALTH CAPSULE

Can Vitiligo Be Treated?

Yes! Modern treatments such as topical medications, NB-UVB phototherapy, excimer laser, and surgery for stable cases can help achieve significant repigmentation.

By Dr. Ravi S. - Consultant Dermatology and Cosmetology - Manipal Hospitals Mysore

manipalhospitals LIFE'S ON

**** Health Capsule is not intended to be of a diagnostic nature***

TiE Mysuru to host Open Mic Evening for Entrepreneurs

Mysuru, June 21- TiE Mysuru is organising an Open Mic evening on June 26 (Friday) from 6 pm to 8 pm at Hotel Arcor, Mysuru, bringing together entrepreneurs, innovators, students, professionals and members of the public for an engaging platform to share ideas and connect with the start-up ecosystem.

The event is open to the public and will conclude with a networking dinner. Non-TiE members can register for the event by paying a chargeable fee.

The Open Mic, presented under the theme "Share, Solve, Grow!", is designed as an interactive forum where participants can present ideas, discuss challenges, seek feedback and build meaningful professional connections.

Through this initiative, TiE Mysuru aims to encourage open conversations around entrepreneurship and create opportunities for aspiring founders, early-stage start-ups, and professionals to interact with a wider business community.

Those interested in participating or sharing their ideas are invited to send their details to: *ed@mysuru.tie.org* or contact Mob:99729-59884 for details.

WATER LEVEL

KRS DAM	KABINI DAM	HARANGI DAM
Maximum **124.80 feet**	Maximum **2,284 feet**	Maximum **2,859 feet**
Today's level **81.49 feet**	Today's level **2,253.93 feet**	Today's level **2,825.38 feet**
Last year's level **118.60 feet**	Last year's level **2,277.75 feet**	Last year's level **2,850.32 feet**
Yesterday's level **81.48 feet**	Yesterday's level **2,253.77 feet**	Yesterday's level **2,825.34 feet**
Today's Inflow **577 cusecs**	Today's Inflow **653 cusecs**	Today's Inflow **237 cusecs**
Today's Outflow **437 cusecs**	Today's Outflow **0 cusecs**	Today's Outflow **180 cusecs**

REALLY...?

- ***Saltwater crocodiles have about 66 teeth that get replaced every 2-3 years and can go through over 3,000 teeth in a lifetime!***
- ***Crocodiles do not chew their food. Instead, they rip off chunks of meat and then swallow it whole.***
- ***Large saltwater crocodiles can stay underwater for up to an hour because they can reduce their heart rate to 2-3 beats per minute***

LAUGHTER THE BEST MEDICINE

At my first yoga class, I am already super excited, because everyone has a Nap Mat !

TODAY'S CURRENCY RATE

1 US Dollar	= **Rs. 94.33**
1 UK Pound	= **Rs. 125.08**
1 UAE Dirham	= **Rs. 25.69**
1 Euro	= **Rs. 108.34**

VOICE OF THE READER

Reflectors needed for safe driving

Sir,

There are some places which I pass everyday where I see some massive trees that have been preserved even though they occupy a portion of the road.

One is on the Kukkarahalli Lake Road, near the Dhobi Ghat beside the University Swimming Pool. I have almost crashed into it a couple of times, while driving during the night *(see photo)*.

Another is right before the Chamarajapuram Railway Station. Similarly there is a tree in Srirampura which is right in the middle of the main road. Clearly there is a need of good quality, big sized reflectors on them.

Another place is the big old house (the name plate says that it is the residence of a couple of High Court Lawyers) on Irwin Road that juts at least 15 feet into the ever busy road.

Then there is the newly constructed Circle near the Kuvempu Park, near A2Z stores, in Kuvempunagar. This is a very badly designed one with multiple rounds, one above the other. It is very big in size, so big, in fact that one cannot see vehicles coming from the adjoining roads.

There are no reflectors or multi coloured lights encircling it, like the prominent circles do in the heart of the city.

All the above places mentioned above are waiting for major accidents to happen. There might be several such places in other areas of the city. It is the duty of the civic authorities to identify such places and make it safer for the residents of the city. Otherwise unnecessary injuries and deaths is bound to happen.

—P.L. Jothindra
Ramakrishnanagar
26.5.2026

MDA directed to prepare new GIS-based Master Plan

'Incorporate Sri Chamundeshwari Temple Development Authority with clearly demarcated boundaries'

Bengaluru, June 21 (BCT)- Urban Development Minister Dr. Yathindra Siddaramaiah has directed all urban development authorities, including the Mysuru Development Authority (MDA), to revise outdated Master Plans and prepare new ones using GIS technology.

Reviewing progress at a meeting in Bengaluru recently, he noted that while MDA has completed its plan, the Sri Chamundeshwari Temple Development Authority, set up in 2024, must also be integrated with clearly defined boundaries.

Pointing to rapid population growth, the Minister urged authorities to expand civic amenities and make better use of available land. He flagged the Housing Department's inability to meet demand and suggested exploring apartment-style housing projects, similar to private developments, to ease shortages.

On financial accountability, he instructed authorities to manage bank accounts transparently and comply with Finance Department guidelines. He also cautioned against focusing only on lake beautification, stressing the need for de-silting, sewage control and water storage to make lakes viable sources of drinking water. Revised guidelines, he said, are essential for comprehensive restoration.

Urban Development Minister Dr. Yathindra Siddaramaiah being welcomed by Urban Development Department Secretary B.B. Cauvery in Bengaluru recently. The Minister's Private Secretary & former Mysuru Development Authority Commissioner K.R. Rakshith is also seen.

The Minister warned that delays in issuing building permits drive up construction costs and promised action against officials responsible for unwarranted holdups. On Title Deeds, he directed that penalties be imposed where necessary but insisted that withdrawing allotments was unacceptable — Deeds must be issued promptly.

His remarks echoed Chief Minister D.K. Shivakumar's recent caution to Deputy Commissioners (DCs) and CEOs about unplanned urban growth, urging structured and sustainable city development.

The meeting was attended by Urban Development Department Secretary B.B. Cauvery, Town Planning Commissioner Shivananda Kapasi, Town Planning Director Tippeswamy and senior officials from all urban development authorities.

Entries invited from students for Zoo Youth Club 2026-27

Mysuru, June 21- Sri Chamarajendra Zoological Gardens (Mysuru Zoo) will be organising the 34th edition of Youth Club for students aged between 12 and 18 years.

Classes will be held only on Sundays between 10 am and 1 pm for 25 Sundays.

Students shall be exposed to basics of Wild Animals Management and Wildlife Conservation. They can learn about basics of biodiversity, animal behaviour and conservation of wildlife. There will be both theory and practical classes covering various aspects of these issues.

Zoo Officials and other Subject Matter Specialists will interact with the participants.

Interested candidates can obtain applications at the Zoo Office from June 22 and submit the filled applications before June 26 (10 am to 5 pm).

For further information, log on to the Mysuru Zoo website ***www.mysuruzoo.info*** or send an e-mail to: *edumysore99@gmail.com,* according to a press release from the Executive Director, Mysuru Zoo.

Udyoga Mela at Periyapatna taluk on June 24

Mysuru, June 21- The District Employment Exchange Office, with support from Mysuru-Kodagu MP Yaduveer Wadiyar, has organised a Udyoga Mela (Job Fair) at BGS Educational Institutions in Abbur village of Periyapatna taluk on June 24 from 9 am to 4 pm.

More than 60 well-known companies are taking part in the Udyoga Mela. Unemployed youths, aged between 18 and 35 years and with qualifications ranging from SSLC pass/fail to Post-Graduate degree can attend the Udyoga Mela.

For further details, contact Ph: 0821-2489972 or Mob: 90363-56862 or 99644-63361 or 87489-84360.

NEWS BRIEFS

Mobile Library service suspended

Due to stock verification of books in Kuvempunagar Mobile Library, there will be no Mobile Library service from June 23 to 30, according to a press release from City Central Library Deputy Director B. Manjunath.

Postal Pension Adalat on June 25

The Postal Pension Adalat of Mysuru Division, will be held at the office of the Senior Superintendent of Post offices, Yadavagiri Post office building, Akashavani Circle, KRS Road, Mysuru-20 at 11 am on June 25. The postal pensioners can submit their grievances if any, at the office before June 22.

Deadline extended

The MCC has extended the deadline for submission of online application forms by eligible shelterless/siteless beneficiaries for Pradhan Mantri Awas Yojana -2.0 (PMAY-2.0) scheme, for allotment of houses, to June 30. For details, visit the nearest PMAY 2.0 Common Service Centre (CSC) or log on to: ***https://pmay-urban.gov.in***

Rangayana has extended deadline for submission of application for admission to Diploma in Theatre Education offered by Bharatiya Rangashikshana Kendra, to June 30. For details, log on to: ***https://rangayanamysore.karnataka.gov.in***

Defence services Job guidance prog.

A defence services (Army, Navy and Air Force) job opportunities special guidance programme for youth (both male & female) has been organised at City Central Library located in People's Park, Nazarbad, at 11 am on June 23. Army Officer Major D. Satish, who has brought out a book on job opportunities, will guide the job aspirants.

'Sudarshan Kriya'

Sri Ravi Shankar Gurudev's Art of Living is conducting a workshop including yoga, meditation and powerful breathing technique called 'Sudarshan Kriya' at its Ashram on Lalithadripura Road from June 22 to 26 from 6 am to 8.30 am and 6 pm to 8.30 pm. [Mob: 94804-76825]

Also, the Ashram will hold Intuition Programme for children in the age group of 8 to 18 years from June 26 to help them unlock their full potential through the power of their intuition. The programme will be held at the Ashram from June 26 to 29 between 10.30 am and 4 pm. Online session will be held from June 30 to July 6. Contact Mob: 98456-85892 or 98459-63387.

20 footpath vendors evicted

- **City Traffic ACP removes make-shift stalls near KSRTC Sub-Urban Bus Stand**
- **Bid to check petty crimes, ensure pedestrian safety**

Mysuru, June 21 (GA&BS)- In a preventive action against petty crimes coupling with pedestrian safety, the City Traffic Police evicted over 20 footpath vendors near KSRTC Sub-Urban Bus Stand on Mother Teresa Road (part of Bengaluru-Nilgiri Road) in the city recently.

These footpath vendors had encroached the significant portion of the footpath adjacent to pre-paid auto counter, located at the main entrance of KSRTC Sub-Urban Bus Stand, severely inconveniencing the pedestrians.

As the vendors of gimcrack items selling fancy materials, garments and other accessories, were running make-shift stalls throughout the day, the pedestrians had little or no space to move with ease on the footpath stretch. Especially, the girl students and women, were jostling for space, with drooling miscreants indulging in eve-teasing and brushing past, much to their embarrassment.

City Traffic ACP M. Shivashankar warning a footpath vendor near KSRTC Sub-Urban Bus Stand in the city, to clear encroachment. Picture right shows pedestrians moving freely on same footpath without hindrance.

On priority, the City Traffic ACP M. Shivashankar warned the footpath vendors of action and succeeded in evicting them, much to the relief of pedestrians. Besides, the Traffic Police deputed at nearby junctions, will be monitoring the said footpath stretch daily, to prevent recurrence of any crimes.

When *Star of Mysore* correspondent brought to the notice of ACP about similar situation on Sayyaji Rao Road, the Officer passed the buck on MCC to act on such matters of pedestrian safety without delay.

Home Guard killed after bike hits electric pole

V.D. Harish

Hunsur, June 21 (KS)- A Home Guard, was killed on the spot while his relative sustained serious injuries, after the motorbike they were riding crashed into an electric pole.

The incident took place at Vaderahosahalli village in Hunsur taluk on Thursday early morning.

The deceased is identified as V.D. Harish (33), a Home Guard at the Hunsur unit and a resident of Vaderahosahalli village, while the injured has been identified as Prakash, a relative of Harish.

Harish, who had finished his night shift at Hunsur Town Police Station at about 5.10 am on Thursday was to return home on his bike. As his bike did not start, he called his relative Prakash over the phone and asked him to pick him up from the Police Station.

Prakash, who arrived at the Police Station, picked up Harish and the duo was proceeding on the bike towards the village, when the bike rammed into the newly erected electric pole, which had leaned dangerously towards the road.

While Prakash was thrown away from the bike due to the impact of crash and sustained minor injuries, Harish, who was riding pillion, sustained serious injuries and succumbed on the spot. Bilikere Police have registered a case.

Youth goes missing

Santosh

Mysuru, June 21 (KS)- A youth has gone missing for six months from R.S. Naidu Nagar in city.

The missing youth is 30-year-old Santosh. This is for the second time he has gone missing.

On Nov. 23 last year, Santosh had gone missing and NR Police had traced him to Pandavapura on Dec. 4 and had handed him over to his family members. But on Dec. 22, he went missing again after going out for his morning walk.

Finders may contact NR Police Station on Ph: 0821-2418312 or call Police Control Room on Ph: 0821-2418339.

Civilian Rifle Training concludes

Continuous learning inevitable in life: SP Mallikarjun Baladandi

Mysuru, June 21 (VVH&VNS) - "There is no age limit for learning and only continuing to acquire knowledge in the life's journey will help in survival," said Superintendent of Police (SP) Mallikarjun Baladandi.

Speaking at the valedictory of Civilian Rifle Training programme organised by Mysuru District Police at City Armed Reserve (CAR) Office at J.C. Nagar, SP said that discipline was very important in one's life irrespective of serving in Police Department or any other field.

"People should cultivate the habit of involving themselves in sports, practicing yoga and exercise for a healthy living, which will help them in increasing their concentration level and focus. Citizens should be ready to involve themselves with Police and Defence forces at times of emergencies. We have witnessed people extending their helping hands during COVID-19, floods and other emergencies situations. People's participation will help in resolving many issues," he added. Participants of rifle training programme have been educated about using rifles and its safety. People who procure gun licence must prioritise public safety apart from their own safety, said SP Baladandi.

SP Mallikarjun Baladandi distributing certificates to the participants of Civilian Rifle Training programme during the valedictory held at City Armed Reserve (CAR) Police headquarters in city recently as other senior Police Officers look on.

A total of 48 civilians, including 47 men and 1 woman, took part in the rifle training programme held from June 11 to 18 at Byadarahalli in Mandya.

College student collapses, dies on campus

Y.K. Madesh

Mysuru, June 21 (PM&KS)- A student fell unconscious and died in the college premises in city on June 18.

The deceased student is Y.K. Madesh (17), a resident of Yaraganahalli village in Maddur taluk of Mandya district, who was pursuing his II PUC at a private college in city.

Devaraja Police informed that the student collapsed and fell unconscious in the college on Thursday afternoon. His classmates and lecturers rushed him to the nearby hospital, where the doctors who examined him confirmed him dead.

Madesh had a hole in his heart and was under treatment. His parents said that they have all the medical records in this connection. After autopsy, the cause of death was confirmed due to cardiac issues. Devaraja Police have registered a case.

Census documents over 1.21 lakh trees in city

Scientific report on species diversity, canopy cover and carbon sequestration in August 2026

Trishikha Kumari Wadiyar presenting the preliminary findings of the 'Nammara Tree Census' to Deputy Commissioner G. Lakshmikanth Reddy. Picture right shows Trishikha Kumari Wadiyar, along with a volunteer, measuring the girth of tree trunk at Yadavagiri in this file photo.

Mysuru, June 21 (BCT)- Mysuru city has documented 1,21,789 trees across all 65 wards under the 'Nammara Tree Census,' a citizen-led initiative described as one of the largest urban tree enumeration exercises undertaken in Karnataka.

The preliminary findings of the census have been released following the completion of field surveys on April 14. A comprehensive scientific report containing species-wise analysis, ward-wise tree density, canopy cover estimates, carbon sequestration data, heritage tree listings and detailed methodology is scheduled for release in August.

Documenting every tree

The project was launched to scientifically count, map and document every tree within the Mysuru City Corporation (MCC) limits. Organisers said the database generated through the exercise would serve as a valuable resource for urban planning, environmental conservation and future afforestation programmes.

The initiative traces its origins to October 2025, when Mysore Grahakara Parishat (MGP) invited the Centre for Advanced Learning (CFAL) Research Centre, Mangaluru, to undertake a comprehensive census of Mysuru's urban trees. An MoU was subsequently signed with the MCC, paving way for city-wide survey.

The project gained momentum in January 2026 when Bherunda Foundation, led by Trishikha Kumari Wadiyar, adopted the initiative and expanded it into a civic movement involving the District Administration, MCC, educational institutions, businesses, civil society organisations and citizen volunteers.

Wadiyar legacy

The exercise draws inspiration from Mysuru's legacy as a planned green city, shaped during the reigns of Nalwadi Krishnaraja Wadiyar and Jayachamaraja Wadiyar.

Organisers said the initiative also carries forward the environmental and heritage conservation efforts championed by Pramoda Devi Wadiyar through the Bherunda Foundation.

More than 520 volunteers, including students, engineers, teachers, doctors, homemakers and retired professionals, participated in the six-month survey. Working ward by ward, they recorded GPS coordinates, measured tree girth, assessed health, identified species and documented the land on which each tree stands. All volunteers underwent training and worked under the supervision of ward coordinators to ensure accuracy and uniformity in data collection.

CFAL served as the scientific and knowledge partner. The institution developed the 'AMARA' data collection platform and was responsible for survey design, volunteer training, quality control and data verification.

With fieldwork completed, experts are currently verifying species data and analysing the information collected.

The final report will provide the first comprehensive scientific assessment of Mysuru's urban tree population, including its ecological and environmental value.

The census is intended to create a permanent and regularly updated inventory of city's trees, helping preserve Mysuru's green heritage while supporting sustainable urban development in the years ahead.

Kambala set to debut at Mysuru Dasara this year

Potential locations: Vijayanagar 1st Stage, Vijayanagar 4th Stage and near Outer Ring Road at Sathagalli

Mysuru, June 21 (VNS)- Kambala, the traditional buffalo race of coastal Karnataka, is set to be one of the major attractions of this year's Mysuru Dasara celebrations.

Chairing a preliminary meeting with officials at his office in Siddarthanagar, Deputy Commissioner G. Lakshmikanth Reddy said this would be the first time that the District Administration would organise a Kambala event as part of Dasara festivities.

He recalled that although plans had been made to host Kambala during last year's Dasara, the proposal had to be dropped because no suitable venue could be identified.

"This year, nearly three months ahead of Dasara, we have identified three possible locations: Vijayanagar 1st Stage, Vijayanagar 4th Stage and an area near Sathagalli Ring Road. The event requires at least seven acres of land. Adequate parking facilities, viewers gallery and space for organisers and buffaloes must also be provided," he said.

Lakshmikanth Reddy appointed the Zilla Panchayat Chief Executive Officer (CEO) as the Nodal Officer of the Dasara Kambala Sub-Committee and directed officials to finalise a venue that meets all requirements.

ZP CEO Ukesh Kumar, SP Mallikarjun Baladandi, Karnataka State Kambala Association General Secretary Vijay Kumar, Bengaluru Kambala Working President Muralidhar Rai and other officials attended the meeting.

It may be recalled that Chief Minister D.K. Shivakumar, during his tenure as the Deputy Chief Minister, had expressed his intention to include Kambala in the Mysuru Dasara celebrations while attending the Muloor-Addoor Gurupura Kambala in Dakshina Kannada last year.

Picture for representation purposes only.

Though Kambala was expected to be part of last year's Dasara festivities, the proposal could not materialise due to logistical constraints. With the State Government now placing greater emphasis on tourism, particularly coastal tourism, efforts are being made to successfully host the traditional sporting event during this year's celebrations.

Yoga is India's invaluable heritage: MLC Vivekananda

Mysuru, June 21 (MK&BCT)- AYUSH Department, Government Nature Cure and Yoga Medical College and Hospital, celebrated International Yoga Day on its campus yesterday.

MLC K. Vivekananda said Yoga, India's ancient gift to the world and invaluable heritage, promotes discipline, concentration and balance in life. He urged youngsters to embrace the practice.

Presiding over the programme, Principal Dr. K.V. Venkatakrishna said Yoga is not merely physical exercise but a way of life that fosters physical, mental and spiritual well-being. In today's stressful world, Yoga can help people lead healthier and more fulfilling lives, he added.

The event featured mass Yoga practice, demonstrations of *asanas*, *pranayama* and meditation sessions.

Dr. Vanishree, Deputy Medical Superintendent of Government Hi-Tech Panchakarma Hospital; Dr. Srivatsa, Principal of Government Ayurveda Medical College and Hospital, Dr. Sudheendra G. Navale, Head of Swasthavritta Department; Resident Medical Officers Dr. D.S. Bharathesh, Dr. Murali R. Nadig, MD & CEO of New Medd Health Mysore, former Principal Dr. Gajanana Hegde, administrators Nanjundaswamy and Sujatha; faculty, staff, students and Yoga enthusiasts were present.

The event was compered by Dr. H. Anitha, with the welcome address delivered by Dr. R. Lakshmi and the vote of thanks by Dr. D. Gaganalakshmi.

Yoga helped me recover after accident: Judge Usha Rani

Mysuru, June 21 (MK&BCT)- International Yoga Day was observed at Jayanagar Court Complex this morning by the District Legal Services Authority (DLSA), the Judiciary Department, Advocates' Association and the AYUSH Department.

Inaugurating the programme, Principal District and Sessions Judge and DLSA Chairperson Usha Rani said Yoga helped her recover from severe pain following a major accident.

"Last year, I resumed *Surya Namaskara* after a long gap. The pain gradually subsided and regular practice helped me recover completely," she said.

Stressing the benefits of Yoga, she said 15 to 20 minutes of Yoga daily can reduce stress, and foster positivity. "Meditation is a process of understanding the mind and learning to live meaningfully," she added.

Speaking on 'Yoga for Healthy Ageing,' Dr. M.P. Amrutha, Medical Officer at Government Nature Cure Hospital, described Yoga as an effective lifestyle medicine.

DLSA Member-Secretary Nagaraj Siddappa Anksadoddi, Advocates' Association President S. Lokesh, Joint Secretary Charan Raj, Abdul Nazeer of DLSA and others were present.

'Mane Manegu Yoga' promotes community bonding at J.P. Nagar

Mysuru, June 21 (BCT)- Residents of 15th Cross, 24th Main Road at J.P. Nagar Second Stage observed International Yoga Day by organising a community Yoga programme *Mane Manegu Yoga* (Yoga to Every Home). Women, youth, children and residents participated in Yoga and relaxation exercises conducted on the street, turning the neighbourhood into a shared space for health and wellness.

Organisers said the locality regularly comes together to celebrate national and social events, fostering unity and cooperation among residents. They noted that the participation of children and women reflected the initiative's inclusive nature.

Residents appreciated the programme and expressed their commitment to organising similar community activities in future. Community leaders said such events strengthen neighbourhood ties and encourage collective responsibility.

The programme concluded with a call to promote health, harmony and social well-being through Yoga.

Yoga Day at Railway Division

Mysuru, June 21 (BCT)- The Mysuru Division of South Western Railway observed International Yoga Day at the Railway Samudaya Bhavan.

Addressing participants, Divisional Railway Manager Mudit Mittal highlighted the role of Yoga in promoting physical fitness, mental well-being and a balanced lifestyle. He urged employees to incorporate Yoga into their daily routine to cope with the stresses of modern life and improve overall health.

Senior Railway officers and staff took part in a Yoga session conducted under expert guidance. Yoga trainer Raghu was felicitated for his 23 years of service in promoting Yoga.

Yoga programmes were also organised at major railway stations across Mysuru Division.

Yoga helps us face changes of time positively: Seer

Mysuru, June 21 (MTY&BCT)- "The first hallmark of Yoga is silence. Performing any task with dedication and focus is true Yoga," said Avadhoota Datta Peetha Junior Pontiff Sri Datta Vijayananda Teertha Swamiji.

He was delivering his benediction at a special Yoga practice and demonstration programme organised at the Ashram to mark International Yoga Day and World Music Day.

Recalling the contributions of Sri Ganapathy Sachchidananda Swamiji, he said Datta Kriya Yoga has been taught at the Ashram for the past five decades and is now being propagated by trained instructors across the world.

Referring to this year's Yoga Day theme, Swamiji said Yoga helps people adapt positively to the changes brought by time and promotes physical and mental well-being.

He also lauded the recent *Maha Sankalpa Divas* in Mysuru, during which over 1.2 lakh people reportedly participated in a mass Yoga programme, and urged more people to take up Yoga. The programme featured Yoga and music demonstrations by children under the guidance of Dr. Phaneeshree, physician and Kriya Yoga teacher.

70 CSRTI scientists, officers and staff perform Yoga

Mysuru, June 21 (MK&BCT)- The Central Sericulture Research and Training Institute (CSRTI) observed International Yoga Day at its premises under the leadership of Acting Director Dr. S. Maheeba Helen.

The programme began with a Yoga session led by instructors Veerabhadrappa and Basavaraju of JSS. Participants practised various *asanas* and *pranayama* techniques under the theme, 'Yoga for Healthy Ageing.'

Addressing the gathering, Dr. Helen urged people to adopt Yoga as part of their daily lives, describing good health as one's greatest wealth. She said Yoga helps relieve stress, promote harmony and improve overall well-being and encouraged youths to give greater importance to the practice.

Speaking on the occasion, Basavaraju highlighted the physical and mental health benefits of Yoga. He also administered a Yoga pledge to participants.

The instructors were felicitated during the programme. Over 70 scientists, officers, project assistants and staff took part.

The programme was organised by Dr. Manjappa. Among those present were Dr. Madhusudan, Dr. Gulab Khan, Dr. Chandrakant, Dr. Joysirani, Dr. Mallikarjun, Narayan, Y.R. Raghu, Manjula, and over 70 scientists, officials, project assistants and staff.

Maharaja Trophy off to a colourful start

Former BCCI President Roger Binny** (seventh from right) **and University of Mysore Vice-Chancellor Prof. N.K. Lokanath** (centre), **who unveiled the 'Maharaja Trophy' seen with former India pacer and ICC Match Referee Javagal Srinath and KSCA Managing Committee Members during the opening ceremony held at SDNR Wadiyar Stadium in Manasagangothri yesterday. Picture right shows singer Vijay Prakash entertaining the audience.

Mysuru, June 21 (VNS)- The Season 5 of Maharaja Trophy KSCA T20 was off to a colourful start with singer Vijay Prakash enthralling the audience with some of his popular numbers during the opening ceremony held at SDNR Wadiyar Stadium in Manasagangothri last evening.

Earlier, former Board of Control for Cricket in India (BCCI) President Roger Binny declared the tournament open. The Karnataka State Cricket Association (KSCA) Office-bearers and managing committee members offered floral tributes to the portrait of late. Srikantadatta Narasimharaja Waidyar, former KSCA President on the occasion.

Following the opening ceremony, University of Mysore VC Prof. N.K. Lokanath and Roger Binny unveiled the 'Maharaja Trophy.' Opening ceremony also witnessed the organisers introducing the captains of all six franchises — Bengaluru Blasters, Coastal Kings Mangaluru, Gulbarga Mystics, Hubli Tigers, Mysore Warriors & Shivamogga Yodhas — to the audience.

University of Mysore Vice Chancellor Prof. N.K. Lokanath, Former India Pacer and ICC Match Referee Javagal Srinath, KSCA Vice-President Sujith Somasundar, Hon. Secretary Santosh Menon, Joint Secretary B.K. Ravi, KSCA Mysuru Zone Chairman T. Ravindra, Convenor P. Srinivas Prasad, KSCA Official Spokesperson Vinay Mruthyunjaya and other managing committee members were present on the occasion.

Bengaluru Blasters overcome Gulbarga Mystics

Prior to opening ceremony, the inaugural match witnessed Bengaluru Blasters clinching victory in the last ball over Gulbarga Mystics. Having put into bat first, Gulbarga Mystics scored 201/5 in 20 overs. Prakhar Chaturvedi (64) and Aarav Mahesh (63) topped score for Gulbarga Mystics, while skipper Shubhang Hegde and Shreevathsa Acharya scalped two wickets each for Bengaluru Blasters.

Chasing the target of 202, Bengaluru Blasters were able to achieve the winning target in last ball of the 20th over for the loss of 4 wickets. Opener Bhuvan Raju emerged as the top scorer with 56 runs and was ably helped by fellow opener Rohan Patil (31), Shubhang Hegde (36) and Praveen Dubey (32 not out). Paras Gurbax Arya scalped two wickets for Gulbarga Mystics.

Mysore Warriors go down to Shivamogga Yodhas

In the other match, home grown Mysore Warriors went down to Shivamogga Yodhas by 90 runs. Shivamogga Yodhas, who were invited to bat first, put on 190/8 runs in 20 overs. Openers Luvnith Sisodia (58) & Tushar Singh (33) hit 79 runs in opening partnership before Tushar was dismissed in 6.5 over by Manoj Bhandage. Later, skipper R. Smaran (33) and Harshil Dharmani (36) steadied the innings and helped Shivamogga Yodhas, amass a comfortable score of 190, at the end of their innings.

Mysore Warriors, who started their chase, lost their wickets, as none of the batters could establish themselves at the crease. They were bundled out for 100 runs in 14.5 overs. Leggie Yash Raj Punja picked up 4 wickets while Abhilash Shetty and Shreesha Achar scalped two wickets each.

Today's double-header will feature Coastal Kings Mangaluru Vs Hubli Tigers at 2 pm and Bengaluru Blasters Vs Shivamogga Yodhas at 7 pm.

12th International Day of Yoga

(Continued from page 1)

The programme also featured *pranayama* and meditation sessions, including *Kapalabhati, Nadi Shodhana* and *Bhramari,* before concluding with a peace prayer.

In his address, Yaduveer underscored the importance of Yoga in maintaining physical health, mental well-being and inner calm.

Referring to the global recognition Yoga has received in recent years, Yaduveer said, Prime Minister Narendra Modi had played a key role in popularising Yoga across the world. He also recalled the contribution of Nalwadi Krishnaraja Wadiyar to the promotion of Yoga in the erstwhile Mysore Kingdom.

"Nalwadi Wadiyar encouraged the introduction of Yoga classes at the Maharaja Sanskrit College during his reign, laying the foundation for Mysuru's enduring association with Yoga," he said.

Participants began arriving at the Palace premises from as early as 6 am, with entry facilitated through the Varaha Gate, opposite JSS Mahavidyapeetha and the Balarama Gate near Kote Anjaneyaswamy Temple.

MLA T.S. Srivatsa, City Police Commissioner Seema Latkar, Superintendent of Police (SP) Mallikarjun Baladandi, MCC Commissioner Shaikh Tanveer Asif, Additional Deputy Commissioner R. Aishwarya, DCP (Crime & Traffic) K.S. Sundar Raj, Lt. Col. Sanjeev, Assistant Commissioner Ashappa, DDPI Uday Kumar, Yoga Gurus Ranganna and Shivakumar were present.

Mass Yoga session held at Manasagangothri

Mysuru, June 21 (GA&VNS)- The University of Mysore, in association with GSS, also organised International Day of Yoga (IDY) celebrations at the Sports Pavilion in the Manasagangothri campus this morning.

The programme was inaugurated by noted orator Prof. Krishnegowda and GSS Founder Srihari Dwarkanath. University of Mysore Vice-Chancellor Prof. N.K. Lokanath, Registrar M.K. Savitha and Registrar (Evaluation) Prof. N. Nagaraja were present.

Hundreds of students, faculty members and members of the public participated in the event. The Yoga session, conducted under the guidance of certified trainers, was held from 7 am to 8 am. Participants were also provided e-certificates.

University of Mysore VC Prof. N.K. Lokanath and Registrar M.K. Savitha performing** Yogasana **with other participants at the Sports Pavilion in the Manasagangothri campus this morning as part of IDY celebrations.

Addressing the gathering, Prof. Krishnegowda described Yoga as India's soft power that has influenced people across the world. He said that while nations often focus on development, India must strive for enlightenment and wisdom.

"A country must be wise enough to know how to respond at the right time. Without that, we remain immature," he said, urging people to overcome negative tendencies within themselves.

Srihari highlighted Mysuru's long-standing association with Yoga. Recalling the Guinness World Record event held at the Mysore Palace grounds in 2017, when over 55,000 people participated in a mass Yoga session, he said that the movement had grown significantly over the years. "Today, there are lakhs of Yoga practitioners and trained instructors are serving in schools, colleges and even overseas. Yoga knows no barriers of age, wealth or gender. It is a force that unites the world," he said.

JOB OPPORTUNITY SEMINAR

For Retired officials, Business professional. Education: SSLC & above, any degree. Place: Guru Residency Hotel, Near Metropole Circle, Mysore. Date: 23-06-2026 Time 11 A.M, Followed by Lunch

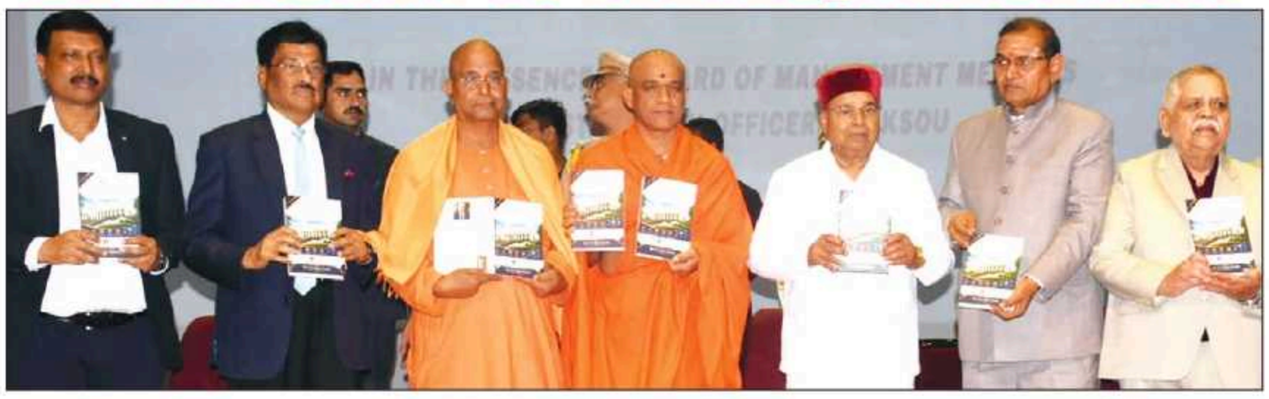
Call 7022034200

JOB OPPORTUNITY MELA

Golden Opportunity for VRS, Retired, Educated Home makers, Bussiness sector, 40 years and above. Seminar on 23-06-26, Tuesday 10.30 Am at HOTEL MAYURA **HOYSALA** (Opposite Metropole Hotel, Mysuru) Honor for Invitees, Lunch Arranged

7892810890 / 9845458130 8861918556 / 7349052084

Distance education empowering all sections of society: Governor



Governor Thaawarchand Gehlot** (3rd from right) **releasing the book titled 'Education: An Overview of Formal, Open and Distance Learning,' authored by Dr. N.S. Ramegowda** (extreme right), **at a programme organised at KSOU Convocation Hall in city on Saturday as KSOU Registrar (Administration) Prof. S.K. Naveen Kumar, former Mysore University VC Prof. K.S. Rangappa, Swami Muktidanandaji of Sri Ramakrishna Ashram, Dr. Sri Nirmalanandanatha Swamiji of Sri Adichunchanagiri Mutt and KSOU VC Prof. Sharanappa V. Halse look on.

Mysuru, June 21 (BLU&TRR)- Governor Thaawarchand Gehlot has opined that distant education is empowering all sections of the society including women by providing quality higher education.

The Governor was speaking at the Academic Meet on 'From Access to Excellence: The Future Pathways of Distance Education" and the Book Release Ceremony of 'Education: An Overview of Formal, Open and Distance Learning,' organised by Karnataka State Open University (KSOU), Mysuru, at KSOU Convocation Hall in city on Saturday.

He noted that the education sector is witnessing unprecedented transformation driven by technology, digital resources and innovative teaching methods. These developments have made education more accessible, inclusive and effective. Open and distance learning systems, he said, have opened the doors of knowledge to millions of learners who are unable to access conventional educational institutions due to social, economic or geographical constraints.

"Distant education will play a major role in implementing the concept of Viksit Bharat-2047. In future, distance education won't be limited to mere higher education. It will be disseminating knowledge about Artificial Intelligence, Virtual Network and other latest facets of modern education," added the Governor.

Highlighting the role of distance education in women's empowerment, the Governor said that many women are unable to pursue regular education because of family responsibilities. Distance education enables them to continue their studies from home and become self-reliant. He added that such systems also provide valuable opportunities for persons with disabilities and socially disadvantaged sections, thereby contributing to inclusive growth.

Former Dean Prof. Chambi Puranik spoke about the book.

Release of *Silhouette-2026* marks NPS Mysore Founders' Day

Mysuru, June 21- NPS International, Mysore, celebrated its 13th Founders' Day with great enthusiasm, honouring the vision and legacy of its Founders, Dr. K. P. Gopalkrishna and Dr. Shantamma Gopalkrishna.

The event was attended by Director and Vice-Chairperson Dr. Bindu Hari, parents, alumni, staff and students. The programme began with the ceremonial lighting of the lamp and an invocation, followed by an address by Principal Akhila Dinesh.

Students showcased their talents through a musical symphony, a heartfelt Gratitude Chain, and a vibrant fusion dance.

Alumna Smriti Suganth and senior faculty member Smith shared their reflections on the school's journey and values.

One of the highlights of the celebrations was the release of *Silhouette-2026,* the school yearbook. Dr. Bindu Hari delivered the Founders' Day address and participated in an interactive session titled 'From Ideas to Impact.'

The celebrations concluded with the School Song.

Paediatrician Dr. U.G. Shenoy honoured at Mysore Art Gallery

Renowned Paediatrician Dr. U.G. Shenoy was honoured and a book titled** 'Tere Mareya Sadhakaru,' **authored by noted writer B.R. Nagarathna, was released during 'Sadhakarondige Samvada' programme organised at Mysore Art Gallery in city recently.

Mysuru, June 21- Renowned paediatrician Dr. U.G. Shenoy was honoured as the 105th achiever at the monthly 'Sadhakarondige Samvada' programme organised at Mysore Art Gallery in city recently.

Dr. Shenoy was felicitated and presented with a citation by Dr. S.P. Yoganna, Chairman of Suyog Hospital. The programme was presided over by L. Shivalingappa, Founder of Mysore Art Gallery. N.H. Jayaram, Col. (Dr.) V. Ramesh (Retd.), H.R. Ramesh and Ramesh Kini were among the special invitees.

On the occasion, Dr. Yoganna released 'Tere Mareya Sadhakaru,' a book authored by noted writer B.R. Nagarathna.

Addressing the gathering, he stressed the need for greater participation of youngsters in such programmes and urged organisers to create more opportunities for youth involvement.

Speaking during the interaction session, Dr. Shenoy observed that the close relationships that once existed between teachers & students and between doctors & patients, have changed considerably over the years.

Dr. Jamunarani V. Mirle, Secretary of Mysore Art Gallery, conducted the programme and moderated the interaction, while Srikantamurthy, Chief Coordinator, proposed a vote of thanks.

Lok Adalats make justice more accessible: Judge

Mysuru, June 21 (TRR)- Alternative dispute resolution mechanisms such as Lok Adalats have made access to justice easier and more affordable, observed District Judge Santhosh Gajanan Bhat, Director of the Karnataka Mediation Centre (Bengaluru Mediation Centre).

He was speaking after inaugurating a one-day National Seminar on 'Alternative Dispute Resolution: A Way of Getting Justice,' organised at Vidyavardhaka Law College recently in memory of late Prof. P.M. Chikkaboraiah.

Explaining the concept of mediation, Judge Bhat said, it is a process in which a neutral third party, equipped with specialised negotiation and communication skills, helps bridge differences between disputing parties and facilitates an amicable settlement.

Recalling traditional methods of dispute resolution, he said that in earlier times, disputes in villages were often resolved quickly at the local level. However, with the legal process becoming increasingly expensive and time-consuming, alternative forums such as Lok Adalats have emerged as effective means of delivering justice.

Judge Santhosh Gajanan Bhat** (3rd from right) **and others seen during the inauguration of a one-day National Seminar on 'Alternative Dispute Resolution' held at Vidyavardhaka Law College in city recently.

"India has one of the best Constitutions in the world. Yet, the process of securing justice has become costly for many. In such a situation, alternative legal forums like Lok Adalats play a crucial role in making justice more accessible," he said.

Emphasising the importance of Article 39A of the Constitution, Judge Bhat noted that it guarantees equal justice and free legal aid to those who cannot afford legal expenses. "A legal system, founded on the principle of equality, must ensure that no citizen is denied justice. Appropriate laws and programmes should provide free legal services to socially and economically weaker sections. It is the responsibility of the Government to ensure that the poor are not deprived of justice by creating and strengthening alternative avenues for dispute resolution," he said.

He further stressed that the Constitutional aspirations could be upheld by promoting alternative legal systems that offer simple, accessible and less adversarial means of resolving disputes.

Two technical sessions were held following the inaugural programme. Vidyavardhaka Sangha Secretary P. Vishwanath, Treasurer Shreeshail Ramannavar, Law College Managing Committee Chairman K.M. Rajashekar and Principal Dr. P. Deepu were present.

Deadline for Co-op. Societies to file audited accounts

Mysuru, June 21- With several Co-operative Societies yet to file their audited accounts for 5 or more years, the Co-operation Department has set Dec. 31, 2026 as the deadline for defaulter Co-operative Societies in all taluks of Mysuru district to file their audited accounts and renew their registration, by paying the stipulated penalty as per norms.

For details, contact the Office of the District Registrar, Public Offices building, New Sayyaji Rao Road, Mysuru-570004, according to a press release.

NEET-2026 re-exam begins in city

Students appearing for NEET-2026 UG re-examination, marking their bio-metric attendance by pressing their thumb on the device, at the exam centre in Maharani's Junior College, Mysuru, this afternoon.

Mysuru, June 21 (MTY, MK& BS)- As many as 7,886 candidates have enrolled for National Eligibility-Cum-Entrance Test (NEET)-2026 re-exam for admission to Under Graduate medical courses, being held at 21 centres in the city, as part of the nationwide exercise, today amidst heavy Police bandobast.

The students, who began reporting at the centres between 11 am and 1.30 pm, started writing the test from 2 pm, which will conclude at 5.15 pm, with additional 15 minutes provided to them.

Following the question paper leak and other irregularities, that came to notice after the conclusion of NEET exam, originally held on May 3 this year, National Testing Agency (NTA) had cancelled the exam and announced re-examination on June 21.

Accordingly, the District Administration has left no stone unturned in making the arrangements, under the supervision of Additional Deputy Commissioner R. Aishwarya.

The students were subjected to verification of admit card, frisking and bio-metric fingerprint, to enter the exam centres this morning.

The exam centres in the city are follows: Karnataka State Open University (KSOU); Government PU College, M.G. Koppal; University of Mysore School of Engineering, Manasagangothri; Maharani's Women's Commerce and Management College; Regional Institute of Education (RIE); Maharani's Science College for Women; Maharani's Arts College for Women; Government First Grade College, Vijayanagar; Government PU College, Vontikoppal; Maharani's Junior College; Government CPC Polytechnic College; Maharaja's Junior College; Government PU College, Kuvempunagar; Government Adarsha Vidyalaya, Jockey Quarters; Government Maharaja Bifurcated PU College, Nazarbad; PM SHRI Kendriya Vidyalaya; Maharaja Government PU College, High School division; Government PU College, Aniketana Road, Kuvempunagar; Devaraja Women's Government PU College, Devaraja Mohalla; Government First Grade College, Siddartha Layout and Demonstration School (DMS).

Store gutted at Kuvempunagar

Short circuit suspected; baby clothes, toys destroyed

Mysuru, June 21 (PM&KS)- With the fire tragedy at the restobar in Dattagalli that killed two persons still fresh in the minds of the people, another fire mishap took place at a store on Panchamantra Road in Kuvempunagar destroying clothes, toys and other items yesterday.

The fire was noticed at about 5.45 am by morning walkers who immediately informed Saraswathipuram Fire Station. Soon, Fire and Emergency Services personnel, who rushed to the spot along with two fire extinguishing vehicles, managed to douse the fire and prevented it from spreading further. But the fire had partially destroyed various items including infant and baby clothes, toys, baby equipment, soaps, shampoos, tricycles etc.

Short circuit: It is suspected that a short circuit in the air conditioner triggered the fire.

The air conditioner and a computer have also been destroyed in the fire. Luckily, no loss of life or injury took place as there was no one in the baby store when the fire broke out.

Case registered against youth for performing wheelie on busy road

Mysuru, June 21 (PM&KS)- Narasimharaja (NR) Traffic Police have registered a suo moto case against a youth for performing wheelie on a scooter and uploading the video of it on social media.

The youth, against whom the case was registered is Mohammed Lukman of N.R. Mohalla in city.

On June 17 afternoon, the youth along with a pillion rider had performed the dangerous stunts without wearing helmets on the busy Nelson Mandela Road and also on St. Mary's Road between Dr. Ambedkar Circle and Maruthi Circle in N.R. Mohalla.

He had borrowed the scooter which was owned by his friend's mother and had performed wheelie, it is learnt.

Restobar fire tragedy

13 more businesses sealed in MCC special drive

Operation against violations enters day-2; restobar, bar and restaurants, pubs, cafes, restaurants inspected

MCC officials sealing one of the restaurants during a special drive in city yesterday.

Mysuru, June 21 (PM&BS)- In a continued special drive against various places of business, operating in violation of various laws, Mysuru City Corporation (MCC) has sealed 13 businesses and served notices on 39, in the city yesterday. It includes, hotels, bar and restaurants, rooftop restaurants, pubs, service apartments and other commercial ventures.

On the consecutive second day of operation, the raid teams mainly focused on trade license, fire safety measures, public safety, cleanliness and hygienic conditions on the premises, along with permissions taken from multiple agencies as per rules and regulations.

Each of nine zonal-level teams was led by respective Assistant Commissioners, consisted of Health Inspectors, Environment Engineers, Civil Engineers and other staff.

At Zone-1, notices have been served to seven including a restopub, auto gas station, two bar and restaurants, one each of food joint, distributor and a textiles shop.

At Zone-2, two rooftop restaurants have been sealed, while in Zone-3, one each of a cafe, restobar, bar, dhaba and food joints have been sealed. In Zone-4, four food joints including a cafe have been sealed and one bar and restaurant has been served notice. In Zone-5, one each of a restopub, hotel, cafe, two bar and restaurants and one hotel has been issued notice, while in Zone-6, a restaurant has been sealed. In Zone-7, one each of cafe, four restaurants, one service apartment and cafe have been given notice. In Zone-8, a cafe, enterprises, tyres shop, multicuisine restaurant and a catering firm is facing action.

At MCC Ward-37 coming under Zone-9 office limits, one building turned out to be illegally constructed and notice has been issued.

MCC has yet again warned the commercial centres to adhere to trade license related norms, fire safety measures, public safety and other regulations, without fail.

Hotel owners seek time to comply with safety norms

Narayanagowda

Mysuru, June 21 (BCT)- The Mysuru Hotel Owners' Association has expressed concern over the sudden inspections and closure of hotels and restaurants in the wake of the recent tragedy at a pub in Dattagalli.

In a letter addressed to the Deputy Commissioner and the Mysuru City Corporation (MCC) Commissioner, Association President C. Narayanagowda said the industry supports strict enforcement of safety norms but urged authorities to give establishments a reasonable time to comply with regulations.

The Association pointed out that many hotels and restaurants had renewed their trade licences in March 2026, yet were directed to shut down without prior notice or a grace period to rectify shortcomings.

"While rules must be enforced in the interest of public safety, businesses should be given at least a month to address any deficiencies," the letter stated. Such an approach, it said, would ensure compliance without causing undue hardship to entrepreneurs.

Narayanagowda noted that the hospitality sector is a major contributor to Mysuru's economy and tourism-driven reputation, with thousands of traders regularly paying taxes.

He said the industry is already grappling with rising LPG prices, staff shortages and inflation, and warned that abrupt closures could further aggravate the situation.

The association has sought a meeting between district authorities and hotel owners to discuss the issue. It has also appealed to officials to permit establishments that have been closed to resume operations once corrective measures are implemented.

"We urge the authorities to provide adequate time to comply with the prescribed norms," Narayanagowda said.

WORD OF THE DAY

Indomitable

Pronunciation: in-DAH-muh-tuh-bul (adjective)
Meaning: Indomitable is a formal word used to describe something that is impossible to defeat or discourage.
Origin: At five punchy syllables, indomitable is an imposing word, so it's inevitable that some are perplexed by this synonym for impregnable. But it's not so tough once you break it into parts. The prefix in- (spelled im- before b, m, and p) means "not" in an innumerable collection of English words. (How many have you counted so far?) The common suffix -able means "capable of, fit for, or worthy of." Combine those two English affixes with the Latin verb domitare ("to tame") and voila: indomitable. Indomitable was first used in English as a synonym of wild, describing—appropriately enough—things that cannot be tamed, but over time the wildness associated with indomitable developed into a specific kind of invulnerable strength.
Example: "During his legendary NBA career, Michael Jordan was renowned not only for his athleticism and skill but also for his indomitable will to win." — Chicago Tribune, 1 Apr. 2026.

THE ODD WORD

Imprest

A loan or advance of money.

PHRASE OF THE DAY

A Doubting Thomas

Meaning: The phrase 'A Doubting Thomas' is used to describe someone who is so skeptical that they don't believe anything without personal experience.
Origin: The term 'A Doubting Thomas' is a direct reference to the biblical story of the apostle Thomas, who refused to believe that the resurrected Jesus had been seen by the other apostles until he could actually see and feel the wounds Jesus received during his crucifixion.
Example: "Don't waste your time on explanations; he's a doubting Thomas."

QUOTE BOX

Coming together is a beginning; keeping together is progress; working together is success. **—Edward Everett Hale**

RIDDLE THIS

Solve the rebus:

camping
NIGHT

Answer: Camping overnight.

SUDOKU

					9	8		1
6						2		
8	1	2	3					4
				3		4		
	5						6	
		8		7				
2					8	1	4	5
		4						7
1		7	9					

Answer to previous puzzle

9	4	8	3	1	6	5	7	2
5	6	7	8	4	2	9	3	1
3	1	2	9	7	5	8	4	6
2	9	4	7	3	1	6	8	5
8	3	5	6	9	4	1	2	7
6	7	1	5	2	8	3	9	4
7	8	6	2	5	9	4	1	3
1	5	3	4	8	7	2	6	9
4	2	9	1	6	3	7	5	8

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CROSS WORD

ACROSS:

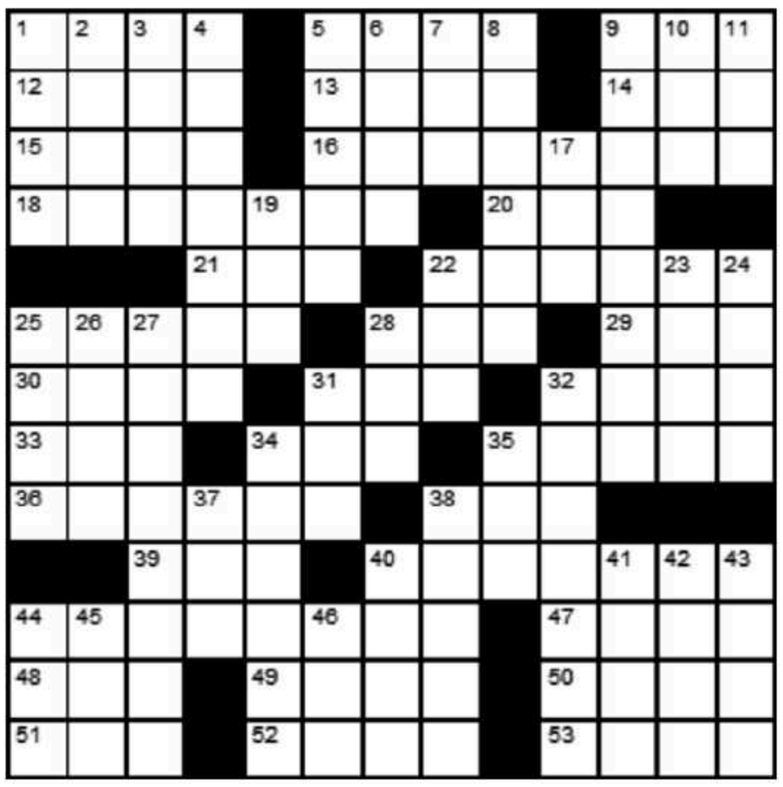
1 Parineeta hero
5 Perfumed powder
9 Cry of a cat
12 Former Yugoslav leader
13 A particular extent of ground
14 Simile centre (2,1)
15 Unique or singular person
16 Assassin
18 The chase or the occupation
20 Hereditary stuff
21 A Programming Lang.
22 Former name for River Krishna
25 Yellowish brown colour of uniforms
28 Grow old
29 Hum and ____ : hesitate?
30 "A" in ADC?
31 The point or gist
32 A young salmon
33 Pronoun for a girl
34 What do you call your teacher?
35 Dark-skinned
36 East Indian state
38 Clear the ___ : remove suspicion, tension etc.
39 Foreman foe
40 Generally (2,1,4)
44 Economize
47 Part of eye, name of flower or girl
48 May in France
49 Crippled or maimed
50 Tide type
51 Sys. and Research Centre
52 Colouring agents
53 ____ Kasparov : the chess great?

DOWN

1 Halt
2 A people of Japan
3 Road to Rome - "tier" anagram?
4 Abandon
5 Chennai lingo
6 In _ ___ : stagnant? (1,3)
7 Gaelic sea god
8 Golfer's aide
9 Shivaji and his descendants?
10 Opp. of WNW
11 Open and armed hostility
17 Abstract being?
19 United Payments Interface abbr
22 Soviet secret police
23 Spoilsport
24 Crooked
25 ___ Na Pyar Hai?
26 Sped - "hide" anagram?
27 An arm of the Mediterranean sea
28 Bollywood's Raja __ Rank
31 Actress ___ Peeples
32 Sounding contented
34 To protect
35 Diameter, in short?
37 Camera type
38 Cricket trophy
40 Highest point
41 Nitrogenous fertilizer
42 Fibber like Ananias
43 Catch sight of
44 Root mean square, in short
45 Hearing organ
46 A negative vote

FRIDAY'S ANSWER

A	T	T	N	■	S	O	W	■	R	A	N	N
M	A	H	A	R	A	N	I	■	E	P	E	E
P	L	U	M	■	T	E	L	E	V	I	S	E
S	E	D	E	R	■	B	L	E	U	■	■	■
■	■	■	L	A	D	Y	■	L	E	D	I	N
■	T	H	Y	M	E	■	S	■	S	O	M	E
R	E	E	■	S	N	O	U	T	■	R	A	W
E	A	R	L	■	T	■	I	S	L	A	M	■
F	L	A	I	R	■	E	T	A	L	■	■	■
■	■	■	N	I	P	S	■	R	A	N	K	S
B	R	A	N	D	I	S	H	■	M	A	I	M
I	O	N	E	■	L	A	U	S	A	N	N	E
N	E	A	T	■	L	Y	E	■	S	A	D	E



CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

MPNL ZPV NXWMT EMPJCOQ CGT XUO

QCSGT. HOGCM GLM JCEEXOT

TODAY'S CLUE: Q EQUALS G

Friday's Cryptoquip: A good scare is worth more to a man than good advice.

SINGLE SCREEN THEATRES

- **Sangam Theatre** — **Ph: 2520494**
  Nooru Sami (Ta) - 4 Shows
- **Mahadeshwara Theatre** — **Mob: 99008-20093**
  Kalasipalya (K) - 4 Shows
- **Gayathri Theatre** — **Ph: 2443568**
  Maa Inti Bangaaram (Te) - 4 Shows
- **Woodlands Theatre** — **Ph: 2422871**
  Kalasipalya (K) - 4 Shows
- **Lido Theatre** — **Ph: 2420885**
  Urabba - 2 Shows; *KD (K)* - 2 Shows
- **Padma Theatre** — **Ph: 2521923**
  Blast (Ta) - 4 Shows
- **Prabha Theatre** — **Mob: 98454-14691**
  Kaalaghatta - 2 Shows; *Lo Naveena (K)* - 2 Shows
- **Rajkamal Theatre** — **Ph: 2423554**
  Balan: The Boy (Ta) - 2 Shows; *Balan: The Boy (Ma)* - 2 Shows
- **Balaji Theatre** — **Mob: 98863-25207**
  Hunted 3D: Echoes of the Past (H) - 3 Shows

MOVIES AT DRC CINEMAS Ph: 4240422 4241800

Toy Story 5 (E-3D)	(S-1)	10 am, 12.15 pm 2.30 pm, 4.45 pm
Balan: The Boy (Ma)	(S-1)	7 pm, 10 pm
Urabba (K)	(S-2)	10.20 am
Dodmansa (K)	(S-2)	1 pm
Maa Inti Bangaaram (Te)	(S-2)	4.05 pm, 7.10 pm, 10.15 pm
Obsession (E)	(S-3)	10.50 am, 1.15 pm
Noorusami (Ta)	(S-3)	4 pm
Transfer Trimurthulu (Te)	(S-3)	6.50 pm
Chinna Chinna Aasai (Ma)	(S-3)	9.55 pm
Cocktail 2 (H)	(S-4)	10 am, 1.05 pm, 4.10 pm 7.15 pm, 10.20 pm

MOVIES AT MYSURU VISION CINEMAS Ph: 2973519

Lo Naveena (K)	(S-1)	1.05 pm
Balan : The Boy (K)	(S-1)	3.35 pm
Balan : The Boy (Ma)	(S-1)	9.15 pm
Blast (Ta)	(S-1)	6.25 pm
Cocktail 2 (H)	(S-2)	1 pm, 3.50 pm, 6.40 pm, 9.30 pm
Peddi (K)	(S-3)	1.15 pm
Peddi (Te)	(S-3)	7.30 pm
Dodmansa (K)	(S-3)	4.45 pm
Maa Inti Bangaaram (Te)	(S-4)	12.45 pm, 6.30 pm, 9.30 pm
Hunted 3D: Echoes of the Past (H-3D)	(S-4)	3.45 pm

MOVIES AT NEXUS MALL

Cocktail 2 (H)	:	9.20 am, 10.10 am, 12.30 pm, 3.40 pm 4.10 pm, 6.50 pm, 10 pm, 10.30 pm
Maa Inti Bangaaram (Te)	:	9.50 am, 1 pm, 7.20 pm, 10 pm
Main Vaapas Aaunga (H)	:	10 am, 3.50 pm
Obsession (E)	:	10 am, 5 pm, 10.20 pm
Nooru Sami (Ta)	:	10.15 am, 7.25 pm
Toy Story 5 (E-3D)	:	12.20 pm, 5 pm, 9.40 pm
Toy Story 5 (H-3D)	:	2.40 pm, 7.20 pm
Blast (Ta)	:	1 pm
Peddi (Te)	:	1.15 pm
Balan: The Boy (K)	:	1.20 pm
Balan: The Boy (Ma)	:	10.10 pm
Disclosure Day (E)	:	4.25 pm
Jai Jawani Toh Ishq Hona Hai (H)	:	7.05 pm
Sing Geetham (Te)	:	7.25 pm

MOVIES AT GARUDA MALL

Cocktail 2 (H)	:	9.50 am, 1 pm, 4.10 pm 7.20 pm, 10.30 pm
Maa Inti Bangaaram (Te)	:	9.50 am, 3.25 pm, 10.20 pm
Obsession (E)	:	9.55 am, 1 pm, 10 pm
Toy Story 5 (E-3D)	:	9.55 am, 12.15 pm 5.20 pm, 7.40 pm
Peddi (K)	:	12.15 pm, 6.35 pm
Nooru Sami (Ta)	:	2.35 pm

EVENTS TODAY (JUNE 21)

- **Priyadarshana Samskrutika Vedike, Srirangapatna:** Saraswati Samman Dr. S.L. Bhyrappa Memorial Event, Dr. Ajjakkala Girish Bhat and Thinker Vid. G.N. Bhat will deliver memorial address, Sanskrit Scholar Dr. H.V. Nagaraja Rao chief guest, Journalist Vishweshwar Bhat presides, BSS Vidyodaya Hon. Secretary R. Vasudev Bhat will be present, Padmaja Srinivas Auditorium, BSS Vidyodaya, **4 pm.**
- **Sacred Heart of Jesus Church, Yadavagiri:** Annual Church Feast-2026, Annual Feast Day - Most Rev. Dr. Francis Serrao, S.J., Bishop, Mysore Diocese and Concelebrating Priest, **5.30 pm.**
- **Saptaswara Balaga Trust, Mysuru, Kannada Vikasa Shaikshanika Samajika Samskrutika Samsthe, Nrupatunga Kannada School and Karnataka State University & Degree College Retired Lecturers Association, Mysuru Zone, Mysuru:** Prof. B. Somashekar Memorial Music Programme, Hindustani Vocal by Pt. Ramesh Kolkunda Dharwad, accompanied by Pt. Veerabhadraiah Hiremath on harmonium and Pt. Ramesh Dhannur on tabla; Trust President Dr. G. Siddesh presides, Trust Secretary Dakshayani Somashekar and Scholar Prof. S. Shivaji Jois will be present, RamaGovinda Rangamandira, Ramakrishnanagar, **5.30 pm.**
- **SPM Trust - Paramahamsa Yoga Mahavidyalaya, Mysuru, International Yoga School (IYS) and International Yoga Organisation (IYO):** 12th International Day of Yoga (IDY) celebrations, inauguration of 17th batch International Yoga Teachers Training Course Camp, Paramahamsa Yoga Mahavidyalaya, #1691, 7th Cross, next to Yoga Park, E & F Block, Ramakrishnanagar, **6 pm.**
- **Sri Nadabrahma Sangeetha Sabha, Mysuru:** Special programme titled 'The Ace Quartet of Composers from Mysuru' by Vidu. Dr. T.S. Sathyavathi — vocals by Vidushis Archana Bhoj, Ashwini Sathish, Anjana P. Rao and Lavanya Krishnamurthy, accompanied by Vidu. C.V. Shruthi on violin and Vid. A. Radhesh on mridanga, Sangeetha Kalanidhi Mysore K. Vasudevacharya Bhavana, JLB Road, **6 pm.**
- **Sri Ramakrishna Ashram, Mysuru:** Swami Jnanayoganandaji speaks on 'Sri Ramakrishna Vachanaveda' in Kannada, Ashram premises, Yadavagiri, **6 pm.**
- **Sri Krishna Ganasabha:** Nalwadi Krishnaraja Wadiyar Jayanti celebrations, Dr. N. Chandrashekhar, Managing Director, Aditya Hospital, inaugurates; Vocal concert by Vid. N.R. Prashanth, accompanied by Vidu. Veena Suresh on violin and Vid. Tumkur B. Ravishankar on mridanga, Alwar Kala Bhavan, Gokulam, **6 pm.**
- **Rangayana, Mysuru:** Staging of Kannada play 'Swatantryada Ota' by artistes of Rangayana, Shivamogga, the play is based on novel by Bolwar Mohammed Kunhi, adaptation into play by Manjunath Gomaradahalli, directed by Nagaraj Honnavalli & Salma Dandin, Bhoomigeeta auditorium, Rangayana premises, **6.30 pm.**
- **Natana School of Theatre Arts:** Staging of play 'Kepina Dabbi' by Eranke Theatre troupe, written by Padmanabha Bhat Shevkar, directed by Vinay Shastry, Natana premises, Ramakrishnanagar, **6.30 pm.**
- **Rangavalli, Mysuru:** Staging of Kannada comedy play 'Parameshi Prema Prasanga,' written by Srinivas Prabhu, directed by Raviprasad, Mini Theatre, Kalamandira premises, **6.30 pm.**
- **Ashtanga Yoga Vijnana Mandiram:** Discourse on 'Kavya Ratna Abhijnana Shakuntala' by Dr. K.L. Shankaranarayana Jois, #957, Seshadri Iyer Road, Lakshmipuram, **6.45 pm.**
- **Avadhoota Datta Peetham:** 4k Projection Mapping on 45-ft tall Karya Siddhi Hanuman statue, Sri Ganapathy Sachchidananda (SGS) Ashram, Dattanagar, Nanjangud Road, **(3 Shows) 7.10 pm, 7.40 pm and 8.10 pm.**

EVENTS TOMORROW (JUNE 22)

- **Vidyavardhaka PU College, Seshadri Iyer Road:** Induction and Felicitation Programme, Sri Ramakrishna Vidyashala Mysuru Correspondent Swami Yuktesshanandaji graces the occasion, Vidyavardhaka Sangha (VVS) Hon. President Gundappa Gowda presides, VV Sangha Hon. Secretary P. Vishwanath, Hon. Treasurer Shreeshail Ramannavar and VVS Member V.R. Shyamala guests of honour, Sri P.M. Chikkaboraiah auditorium, College premises, **10 am.**

MOVIES AT MALL OF MYSORE

Cocktail 2 (H)	:	9.10 am, 12.20 pm, 3.30 pm 6.40 pm, 9.50 pm, 10.30 pm
Maa Inti Bangaaram (Te)	:	10.05 am, 1.15 pm, 7.20 pm
Kalasipalya (K)	:	10.30 am
Toy Story 5 (E-3D)	:	10.40 am, 12.55 pm, 5.40 pm 8 pm
Nooru Sami (Ta)	:	1.30 pm
Obsession (E)	:	3.15 pm, 7.45 pm
Sing Geetham (Te)	:	4.25 pm
Balan: The Boy (Ma)	:	4.30 pm
Jilla (Ta)	:	10.10 pm
Peddi (K)	:	10.20 pm

MOVIES AT CENTRO MALL

Cocktail 2 (H)	:	9.50 am, 1 pm, 4.10 pm 7.20 pm, 10.30 pm
Maa Inti Bangaaram (Te)	:	10 am, 3.55 pm, 10.10 pm
Toy Story 5 (E-3D)	:	10 am, 2.40 pm, 8 pm
Educated Bulls (K)	:	11.05 am
Obsession (E)	:	12.15 pm, 10.20 pm
Nooru Sami (Ta)	:	1.10 pm
Urabba (K)	:	1.50 pm
Kaalaghatta (K)	:	4.25 pm
Blast (Ta)	:	5 pm
Dodmansa (K)	:	7 pm
Balan: The Boy (Ma)	:	7.05 pm
Chinna Chinna Aasai (Ma)	:	10 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there is no minimum audience of 15.

One-woman shows

Mysuru, June 21 (VNS)- Karnataka Ekikarana Trust will be organising three one-woman shows in memory of Dr. Siddanatha Ballari, who fought for freedom and unification of Karnataka, at Mini Theatre in Kalamandira premises from June 26 to 28 at 6 pm.

The three-day event will be inaugurated by Thinker and Columnist N. Diwakar. Chamaraja MLA K. Harishgowda will preside. Playwright Dr. Sujatha Akki will be present. Senior Theatre Person N.S. Gopinath will deliver the keynote address.

The plays are designed and directed by Dr. Sujatha Akki. Arasikere Yogananda is the Assistant Director, M.P. Aruna has designed the costumes, Siddeshwara Badanavalu has composed music, Jeevan Heggod has designed the lights and Dr. B.S. Divya will compere. Entry fee is Rs. 100 per show.

Plays

June 26 - 'Ahalye' by Harinakshi Rao; **June 27 -** 'Akka Nagale' by Dr. B.S. Divya; **June 28 -** 'Aghale' by Dr. Suma Ravikumar, according to a press release from the Karnataka Ekikarana Trust.

Calling SC/ST students

Mysuru, June 21- The Mysuru District Unit of Karnataka State Government SC/ST Employees Association has invited applications from meritorious students belonging to SC/ST community from Mysuru district, who have scored more than 80 percent marks in SSLC and PUC (2025-26) by studying in Government Schools and more than 90 percent marks by studying in Private and Aided Schools, for presentation of Pratibha Puraskar.

The eligible meritorious students can apply, along with required documents, to the Association office, located at No.10, 'Rajagruha,' 3rd Cross, RBI Layout, Manasinagar, Mysuru 570029, before June 30.

For details, contact Treasurer H.P. Mahadeva on Mob: 94487-10391 or Secretary Raghavendra on 97419-62104 or Organising Secretary Shankar on 72042-28134, according to a press release from the Association Mysuru Unit President.

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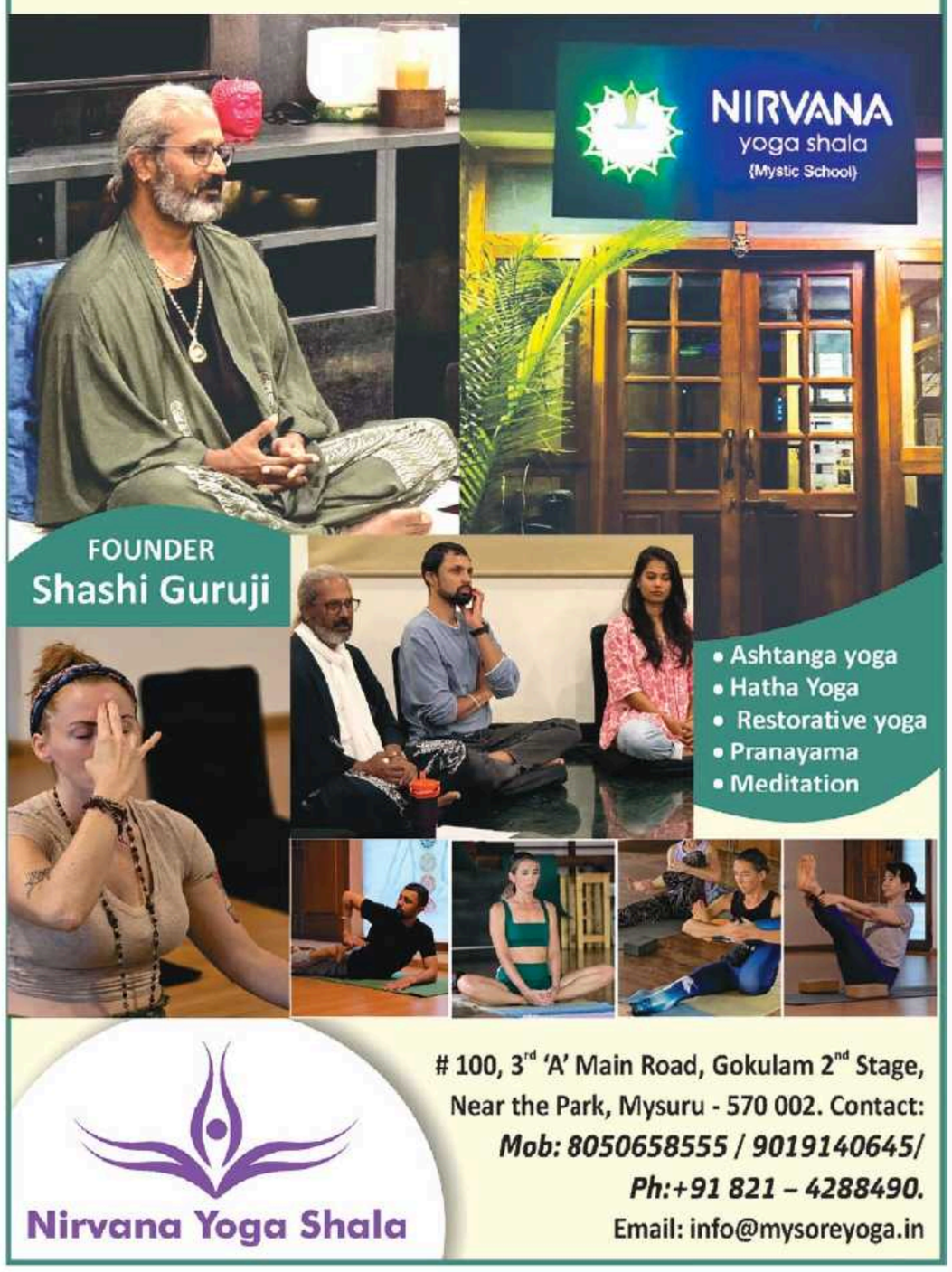

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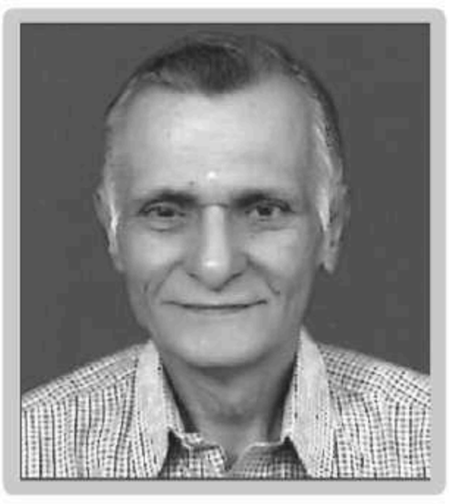

CHANDRAKANT P. SHAH

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-SHAH FAMILY

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